



BCPASW

British Chiropody & Podiatry Association South West



Saturday 8 June 2024 @ The Kenn Centre ~ EX6 7UE

Padding, Retentive Strapping & Silicone Orthoses Training Workshop



08.30	Registration - Tea / Coffee
09.00	Introduction - The function of padding and taping
09.20	Demonstration and Workshop - The Plantar Metatarsal Pad and the metatarsal shaft pad for digital extension in flexible hammer-toes (and more!)
09.50	Demonstration and Workshop -The Replaceable Toe Prop to support fixed hammer toes and reduce digital apical and plantar metatarsophalangeal joint pressure
10.30	Demonstration and Workshop - the 'nested' Cavity Pad for offloading digital proximal interphalangeal joint lesions post reduction/enucleation
11.00	Demonstration and Workshop - The rapid application of the Plantar Cover with retentive strapping for plantar pressure reduction using felt and foam
11.30	Demonstration and Workshop - The Heel Pad to attenuate heel fat pad atrophy and supportive taping to further augment the fat pad function
12.15	Lunch (followed by the silicon orthoses training)
13.15	Demonstration and Workshop - The Interdigital (id) Wedge to separate toes where there is id pressure
13.50	Demonstration and Workshop - The Plantar and Dorsal toe prop to support fixed digits or prevent under-rolling 4 th and 5 th toes
14.30	Demonstration and Workshop - The Digital Tube to protect dorsal, id and apical lesions on a singular toe
15.10	Demonstration and Workshop - The 1 st metatarsophalangeal joint bunion and the 5 th Tailor's bunion cover
15.50 - 16.00	Summary and Close



**All delegates please bring your own padding scissors and a tubular bandage applicator
Please also wear clothing that allows easy access to your feet..!**